

Fall protection: How to inspect your full-body harness

Each time, before you use it:

Inspect the labels

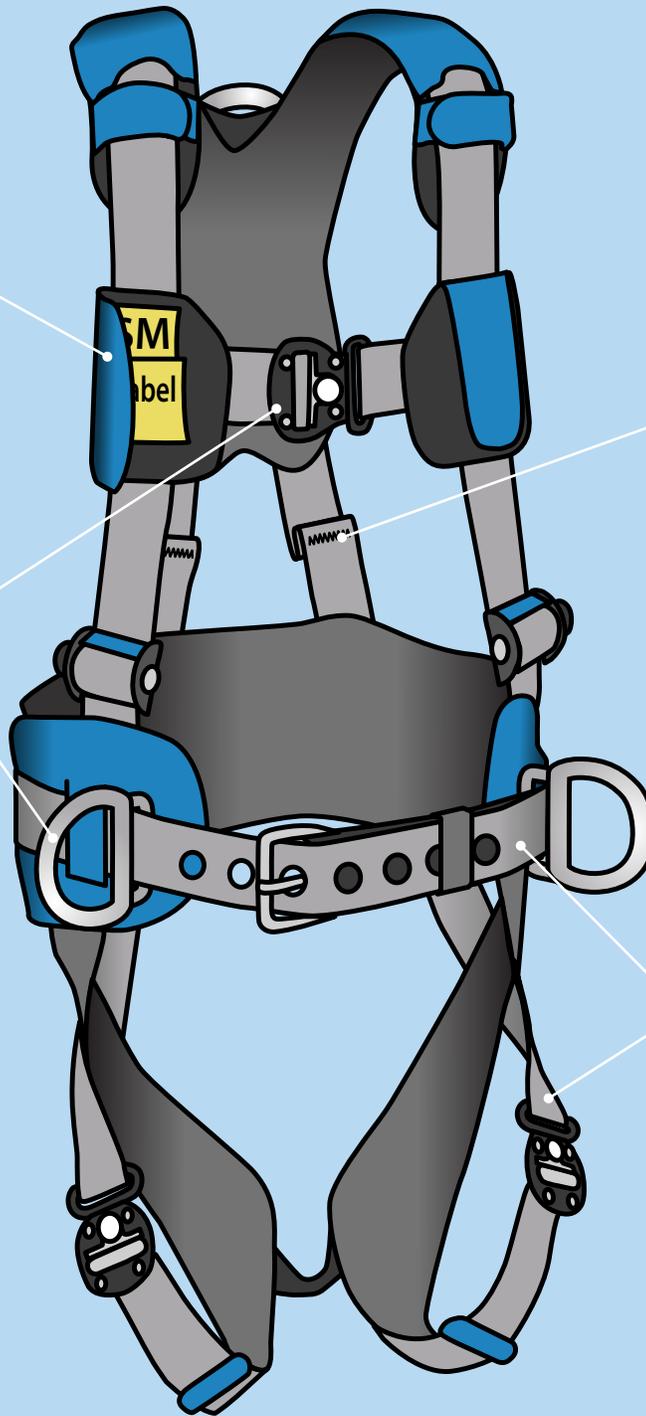
All labels should be intact and legible.

Inspect the hardware

Look for damaged, broken, missing, or distorted buckles, eyelets, and D-rings. Release tabs on buckles must work freely and click when the buckle engages.

Annual inspection by a competent person

At least once a year, the harness should be inspected by a competent person other than the user. Record the date and the results of the inspection.



Inspect the Impact indicator

The impact indicator is a section of webbing that is secured with a special stitch pattern. It is designed to release when the harness has been subjected to impact loading from a fall. Prevent any future use by destroying and discarding the harness if the impact indicator is broken.

Inspect the webbing

Look for frayed, cut, or broken fibers and stitches. Broken stitches may indicate the harness has been subjected to a fall. Other signs of damage: tears, abrasions, mold, burns, or discoloration from ultraviolet light and corrosive chemicals.

Also

Check the harness manufacturer's inspection recommendations to be sure that you are not missing anything.